



All aboard for fun & fitness!

FALL/WINTER 2003

See Page 30
for EARLY Mail-in
Registration Info

what's inside:

- Youth & Adult Classes
- Fitness Classes
- Athletics & Aquatics
- Senior Adult Services
- Special Events
- Employment & Volunteer Opportunities
- City Information



**WALK-IN
REGISTRATION STARTS**

August 23, 8 am - 3 pm (Residents)
August 23, 11 am - 3 pm (Non Residents)

Seniors Break Ground on New Center



www.ci.frisco.tx.us

A WARM FRISCO WELCOME

This edition of the 'Frisco Fun' is dedicated to the memory of Herbert Harkless. Herb (as he liked to be called) was known to the Senior Adults and the Recreation Staff as the "Super Volunteer" for the countless hours he spent driving the Senior Adult van. Herb always had a smile on his face and will be sorely missed by all whose lives he touched. Herb passed away on June 20th. Our deepest sympathy goes out to his wife Connie and his family.



Welcome to the Frisco Parks and Recreation Department! Just because the summer has ended does not mean the fun has to end. We are proud to provide another season full of recreational and educational activities for the entire family. I encourage you to look through this edition of the "Frisco Fun" and register for a class that is just right for you or one of your family members. There are many new programs as well as the old favorites. Here are some of the "don't miss" events this Fall and Winter:

- **3rd Annual Mother – Son Cowboy Ball, October 4**
- **Frisco Senior Adult Center Grand Opening**
- **3rd Annual Gingerbread House Contest and Workshop**
- **13th Annual Merry Main Street, December 6**

Mark your calendar for our Fall/Winter class registration on August 23. For your convenience you can mail your class registration form beginning August 1.

The City of Frisco Parks and Recreation Department would like to thank you for your support of our parks system and your participation in our recreation programs. We are committed to providing you the best customer service, if you have any suggestions or concerns, we would like to hear from you.

Please tell your neighbors and friends about "Frisco Fun" and the City of Frisco web site. We want all of our citizens to be aware of the great things Frisco has to offer and "Discover the Benefits of Parks and Recreation".

Marcy L. Jones

Marcy L. Jones
Recreation Superintendent



CITY OF FRISCO WEB SITE

Visit us on the internet at: www.ci.frisco.tx.us

Click on "Play" to see what's new!

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HELPFUL NUMBERS

City of Frisco Numbers:

- **City Hall:** (972) 335-5555
- **Parks & Recreation Administration:** (972) 335-5517
- **Alumni Hall Fitness Center – Facility/Membership Information:** (972) 377-1758
- **Alumni Hall Fitness Center – Program/Class Information:** (972) 377-1752
- **Athletics Rain Out Hotline:** (972) 377-RAIN
- **Public Library:** (972) 335-5510
- **Environmental Services:** (972) 335-5519
- **Senior Adult Center:** (972) 335-5515
- **Police Department:**
Emergency: 911
Non-emergency: (972) 335-5502

Friends of Frisco Numbers:

- **Collin County Community College Physical Education Department:** (972) 377-1646
- **Collin County Committee on Aging and 'Meals on Wheels':** (972) 562-6996
- **Collin County Rural Transportation/CCART:** (972) 562-4275
- **Dr. Pepper Star Center:** (214) 387-5600
- **Maurice Barnett Geriatric Wellness Center:** (972) 941-7335
- **The Ice at Stonebriar:** (972) 731-9600
- **The Lakes Tennis Academy:** (972) 668-LAKE

THE DEPOT

SEE PAGE 30 FOR REGISTRATION
DATES AND INFORMATION

ALUMNI HALL FITNESS CENTER

Located at 9700 Wade Blvd.,
on the Collin County Community
College - Preston Ridge Campus,
Alumni Hall Fitness Center
includes:

- Indoor Swimming Pool
- Indoor Therapeutic Pool
- Gymnasium
- Weight Training Room
- Outdoor Running Track
- Dance Studio
- Locker Room Facilities

MEMBERSHIP RATES

Memberships may be purchased on a month-to-month basis or tri-annually (4 months) at the fitness center reception desk. There will be a \$2 I.D. fee for first-time members age 12 and up.

Frisco Residents

Includes residents and employees, officers and directors of public or private businesses located in the city. Also includes those enrolled in – or employed by – the Frisco ISD.

- **Individual Membership**
\$10 / Month or \$30 / Tri-Annual
- **Family Membership**
\$20 / Month or \$75 / Tri-Annual
- **Child Membership – ages 11 & under**
\$5 / Month or \$15 / Tri-Annual

Non Frisco Residents

- **Individual Membership**
\$15 / Month or \$50 / Tri-Annual
- **Family Membership**
\$25 / Month or \$90 / Tri-Annual
- **Child Membership – ages 11 & under**
\$10 / Month or \$25 / Tri-Annual

Alumni Hall Fitness Center Closings

Labor Day – Sept. 1

Thanksgiving Holiday – Nov. 27 & 28

Fitness Center will close at 6 pm on Nov. 26

Christmas Holiday – Dec. 22 thru Jan. 4

FITNESS CENTER HOURS OF OPERATION

Prior to August 26

MONDAY - THURSDAY:	6 am – 10 pm (*9:30 pm)
FRIDAY:	6 am – 8 pm (*7:30 pm)
SATURDAY:	8 am – 4 pm (*3:30 pm)
SUNDAY:	Closed

NEW! Beginning August 26

MONDAY - THURSDAY:	6 am-8am, 11:45 am – 12:45 pm, 2:30 – 10 pm (*9:30 pm)
FRIDAY:	6 am – 8 pm (*7:30 pm)
SATURDAY:	8 am – 4 pm (*3:30 pm)
SUNDAY:	Closed

**Payments for memberships and programs are not accepted after this time.*

GYMNASIUM HOURS OF OPERATION

Prior to August 26

MONDAY - THURSDAY:	6 am – 10 pm
FRIDAY:	6 am – 8 pm
SATURDAY:	8 am – 4 pm
SUNDAY:	Closed

NEW! Beginning August 26

MONDAY-THURSDAY:	6 am – 8 am, 2 pm – 6 pm
FRIDAY:	6 am – 8 am, 2 pm – 8 pm
SATURDAY:	8 am – 4 pm
SUNDAY:	Closed

DAY USE RATES

Frisco Residents

Includes residents and employees, officers, and directors of public or private businesses located in the city. Also includes those enrolled in – or employed by – the Frisco ISD.

Pool/Gym/Weight Room
\$2 per person

Non Frisco Residents

Pool/Gym/Weight Room
\$3 per person

NATATORIUM

HOURS OF OPERATION

Open swim and lap swim times vary from month to month. Contact the Alumni Hall Fitness Center front desk staff at 972-377-1758 for information regarding “open swim” and “lap swim” days and times.

Hours of operation may be modified during times when the College is closed. Hours of availability are scheduled each semester according to College and City of Frisco Parks and Recreation classes. Please check postings or with the receptionist for these hours.

Note: For safety reasons, children under the age of 12 must be accompanied and supervised by an adult at all times. Persons under the age of 15 are not permitted in the weight room. Those who are 15-16 years old may use the weight room, but must be supervised by an adult at all times. Members under 18 must have a parent or legal guardian sign their membership application and waiver form.

FULL STEAM AHEAD

WATER AEROBICS

SEE PAGE 30 FOR REGISTRATION DATES AND INFORMATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Water aerobics reduces stress to joints, making it an excellent training medium for therapy, athletic cross training and all avenues in between.	10:00 -10:45 am Water Aerobics (Shallow) Kay		10:00 -10:45 am Water Aerobics (Shallow) Kay	Note: Children under 12 must be supervised in Alumni Hall during any water aerobics class.	
	10:00 -10:55 am Water Aerobics (Deep) Sally		10:00 -10:55 am Water Aerobics (Deep) Sally	10:00 -10:55 am Water Aerobics (Deep) Sally	9:00 -9:55 am Water Aerobics (Instructor's Choice) Michelle
	10:50 -11:45 am Water Aerobics (Deep) Sally		10:50 -11:45 am Water Aerobics (Deep) Sally	10:50 -11:45 am Water Aerobics (Deep) Sally	
	10:45 -11:30 am SENIORS NEW! Water Aerobics (Shallow) Kay		10:45 -11:30 am SENIORS NEW! Water Aerobics (Shallow) Kay	WATER AEROBICS \$40 per session (6 weeks) M/W 6:15 - 7 pm (Deep) M/W 6:30 - 7:15 pm (Shallow/Pre-Post Natal) M/W 7 - 7:55 pm (Deep) M/W 7 - 7:55 pm (Shallow) T/TH 10:00 - 10:55 am (Shallow) T/TH 6:30 - 7:25 pm (Deep) T/TH 7 - 7:55 pm (Shallow) T/TH 10:45 - 11:30 am (Shallow/Seniors) \$55 per session (6 weeks) T/TH/F 10:00 - 10:55 am (Deep) T/TH/F 10:50 - 11:45 am (Deep) \$22 per session (6 weeks) SAT 9:00 - 9:55 am (Instructor's Choice) Individual Class Fee \$5 per class SENIOR DISCOUNT (50+) \$5 OFF ANY CLASS SESSION DATES* Session 1: September 8 - October 18 Session 2: October 20 – December 6 (No classes November 24 – 30) Session 3: December 8 - December 20 (This will be a 2-week Mini-Session)	
6:15 - 7:00 pm Water Aerobics (Deep) Sally	6:30 - 7:25 pm Water Aerobics (Deep) Laura Lynn	6:15 - 7:00 pm Water Aerobics (Deep) Sally	6:30 -7:25 pm Water Aerobics (Deep) Laura Lynn		
6:30- 7:15 pm Pre/Post Natal Water Aerobics (Shallow) Michelle	7:00 - 7:55 pm Water Aerobics (Shallow) Cynthia	6:30 - 7:15 pm Pre/Post Natal Water Aerobics (Shallow) Michelle	7:00 - 7:55 pm Water Aerobics (Shallow) Cynthia		
7:00 - 7:55 pm Water Aerobics (Deep) Sally		7:00 - 7:55 pm Water Aerobics (Deep) Sally			
7:00 - 7:55 pm Water Aerobics (Shallow) Michelle		7:00 - 7:55 pm Water Aerobics (Shallow) Michelle			
*A minimum of seven participants must be registered to have a class. Water Aerobic Maximum – 20. Please see registration information on page 30. Registration ends 1 week prior to class start date.					

EMPLOYMENT & VOLUNTEER OPPORTUNITIES

INSTRUCTORS

PROGRAM: We are always looking for new class instructors to expand our services. If you have a special talent, skill and/or certification, please call Suzanne Audette at (972) 377-1763.

WATER SAFETY INSTRUCTORS: If you are interested in teaching swim instruction classes, please call (972) 731-4908.

EMPLOYMENT

Please visit the city's website at www.ci.frisco.tx.us for current employment opportunities.

VOLUNTEER OPPORTUNITIES

LIBRARY: Volunteers are needed to help the Senior Outreach Program and other library activities.

SENIOR ADULT CENTER VOLUNTEERS:

Volunteers are needed to help with the Senior Adult Program.

SPECIAL EVENTS:

Volunteers are needed for Special Events like the Mother-Son Dance and Merry Main Street.

Call Elizabeth Lyon (972) 335-5555 extension 192 for information on all volunteer opportunities.

PLATFORMS

SEE PAGE 30 FOR REGISTRATION
DATES AND INFORMATION

Registration ends one week prior to the class start date.

LEARN TO SWIM CLASSES

(Natorium and Outdoor Municipal Pool)

REGISTRATION FOR SWIM LESSONS ARE IN-PERSON ONLY

Mom & Tot

Ages: 6 months – 3 years
Days/Times: Tuesdays, Thursdays/5:30 pm
Fee: \$50
Sessions: 1: September 9 – 18
2: September 23 – October 2
3: October 7 – 16
Days/Times: Saturday/9:30 am or 10:05 am
Fee: \$50
Sessions: 1: September 13 – 27
2: October 4 – 18
3: October 25 – November 8



Preschool

Ages: 3 – 5 years
Days: Tuesdays, Thursdays
Times: 5:30 pm, 6 pm or 6:30 pm
Fee: \$50
Sessions: 1: September 9 – 18
2: September 23 – October 2
3: October 7 – 16
Days/Times: Saturday/10:40 am or 11:15 am
Fee: \$50
Sessions: 1: September 13 – 27
2: October 4 – 18
3: October 25 – November 8

Levels I-V

Ages: 6 – 12 years
Days: Tuesdays, Thursdays
Time: 5:30 pm (Level I & II)
6 pm (Level I & II, Level III & IV)
6:30 pm (Level III & IV, Level IV & V)
Fee: \$50
Sessions: 1: September 9 – 18
2: September 23 – October 2
3: October 7 – 16

AQUATICS

Adult

Ages: 13+
Days: Tuesdays, Thursdays
Time: 6:30 pm
Fee: \$50
Sessions: 1: September 9 – 18
2: September 23 – October 2
3: October 7 – 16
Days/Times: Saturday/8:55 am
Fee: \$50
Sessions: 1: September 13 – 27
2: October 4 – 18
3: October 25 – November 8

FRISCO MUNICIPAL POOL

The City of Frisco Outdoor Municipal Pool is located at the corner of Maple and Mimosa streets in downtown Frisco. The phone number is (972) 377-9202.

Pool Hours of Operation

The City of Frisco Outdoor Municipal Pool is open to the public Tuesday-Sunday from through August 17. After August 17 the pool will be open Aug. 23 & 24

Saturday, May 31-Sunday, August 17

Monday CLOSED
Tuesday-Thursday 1-8 pm
Friday 1-6:30 pm
Friday Family Night. 7-9 pm

WATER SAFETY INSTRUCTOR COURSE

Register for certification by American Red Cross instructors. WSI's possess the necessary skills to teach swim lessons to youth and adults. Must be at least 17 years old to take the class.

Ages: 17+
Days/Times: Tuesdays, Thursdays
& Fridays, 5-8 pm
Saturdays, 9 am-3 pm
Alumni Hall Fitness Center
Session: September 23-October 10
Fee: \$150
Min/Max: 4/12
Instructor: Sally Pena

Saturday-Sunday 1-6 pm

The pool will be open from 1-6 pm

August 23 and 24

Pool Admission

Daily \$1.25
Season Pass \$25/Individual
\$60/Family

SWIMMING POOL SPECIAL DAYS

Back to School Bash: Sunday, August 17. Everyone's invited! Come out and enjoy splash contests, games and fun activities! Anyone wearing Frisco blue will be admitted for 50 cents.

Every Friday night is Family Fun Night! Bring the whole family to the pool for only \$2! (Offer good for up to 8 immediate family members. Every family member over 8 is only \$1 per person!)

Lazy, Crazy Night: Every Sunday from 4-6 pm. Bring your favorite Coast Guard approved rafts and floaties! Sorry, arm floaties are prohibited. It's a great time to hang with your friends or just relax.

Adult Lap Swim

Every Tuesday and Thursday evening from 6-8 pm is Adult Lap Swim Night! During this time our staff will install the lane ropes for lap swim. This is a great way to enjoy your fitness and conditioning outdoors.

LIFEGUARD TRAINING COURSE

Sign up today to be certified by American Red Cross instructors. Lifeguard course includes basic life saving techniques, CPR and first aid certification. Must be at least 15 years old to take the class.

Ages: 15+
Days/Times: Tuesdays, Thursdays
& Fridays, 5 – 8 pm
Saturdays, 9 am-3 pm
Alumni Hall Fitness Center
Session: October 18-November 1
Fee: \$150
Min/Max: 4/12
Instructor: Sally Pena

PLATFORMS

YOUTH PROGRAMS

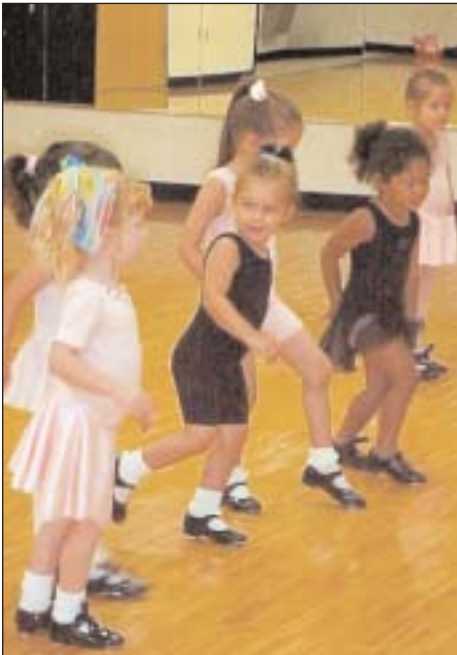
SEE PAGE 30 FOR REGISTRATION
DATES AND INFORMATION

DELICATE DANCERS I

Beginning dancers will enjoy this tap and ballet combination class. Dancers develop rhythmic ability and coordination during tap, while learning beginning basics of classical ballet – the foundation for all dance art forms. Dance helps children develop their imagination, body sense, and ability to relate to music. Join the fun! Attire: any color leotard and tights, tap and ballet shoes.

Age: 2^{1/2} - 4^{1/2}
Days/Times: ... Mondays/3:30 - 4:15 pm
Place: Alumni Hall, Aerobics Room
Fee: \$45
Min/Max: 4/8
Session: September 22-October 27
Instructor: Sheena's Dance Academy

Age: 2^{1/2} - 4^{1/2}
Days/Times: .. Wednesdays/3:30 - 4:15 pm
Place: Alumni Hall, Aerobics Room
Fee: \$45
Min/Max: 4/8
Session: September 24-October 29
Instructor: Sheena's Dance Academy



Sheena's Dance, Tumbling and Cheer Classes

To receive the highest level of instruction and minimize distractions, students are taught in a closed classroom setting. Parents will not be allowed in classroom during regular session. Parents are encouraged to attend their child's class the last week of the session on "Parent Visitation Day."

DELICATE DANCERS II

This class focuses on ballet basics, improving dancers' poise, posture and self - confidence. Tap is fun for all ages and develops rhythmic ability. High-energy jazz focuses on the stylized basics. Great fun! Attire: any color leotard and tights, tap, and ballet shoes.

Age: 5 - 7
Days/Times: Mondays/4:15 - 5 pm
Place: Aerobics Room, Alumni Hall
Fee: \$45
Min/Max: 4/8
Session: September 22-October 27
Instructor: Sheena's Dance Academy

FUNKY HIP HOP

Learn the "funky" form of street dance, often featured in music videos. Dancers benefit from the coordination, strength, quickness, and endurance acquired from our hip-hop classes. Attire: comfortable athletic wear and sneakers.

Age: 5 - 7
Days/Times: ... Wednesdays/4:15 - 5 pm
Place: Alumni Hall, Aerobic Room
Fee: \$45
Min/Max: 4/8
Session: September 24-October 29
Instructor: Sheena's Dance Academy

Age: 8 - 12
Days/Times: ... Wednesdays/5 - 5:45 pm
Place: Alumni Hall, Aerobic Room
Fee: \$45
Min/Max: 4/8
Session: September 24-October 29
Instructor: Sheena's Dance Academy



FLIP, FLOP AND ROLL

Both boys and girls alike will enjoy this fun-filled class that helps children develop flexibility, body control, and coordination while they learn basic tumbling and acrobatic skills.

Age: 2^{1/2} - 4^{1/2}
Days/Times: Mondays/4 - 4:45 pm
Place: Alumni Hall, Room A112
Fee: \$45
Min/Max: 4/8
Session: September 22-October 27
Instructor: Sheena's Dance Academy

Age: 2^{1/2} - 4^{1/2}
Days/Times: .. Wednesdays/4:30 - 5:15 pm
Place: Alumni Hall, Room A112
Fee: \$45
Min/Max: 4/8
Session: September 24-October 29
Instructor: Sheena's Dance Academy

FLIP, FLOP AND ROLL II

Both boys and girls alike will enjoy this fun-filled class that develops flexibility, body control, and coordination while teaching basic tumbling and acrobatic skills.

Age: 5 - 7
Days/Times: ... Mondays/4:45 - 5:30 pm
Place: Alumni Hall, Room A112
Fee: \$45
Min/Max: 4/8
Session: September 22-October 27
Instructor: Sheena's Dance Academy

KID'S CABOOSE

SEE PAGE 30 FOR REGISTRATION
DATES AND INFORMATION

RAH! RAH! RAH!

This class teaches aspiring cheerleaders how to "cheer" while helping current cheerleaders polish their techniques. This class focuses on flexibility, body control, and strength while teaching students what it takes to be a cheerleader. Attire: comfortable athletic wear and sneakers.

Age: 5 - 8
Days/Times: Mondays/5:30 - 6 pm
Place: Alumni Hall, Room A112
Fee: \$40
Min/Max: 4/8
Session: September 22-October 27
Instructor: Sheena's Dance Academy

Age: 9 - 12
Days/Times: Wednesdays/5:15 - 6 pm
Place: Alumni Hall, A112
Fee: \$45
Min/Max: 4/8
Session: September 24-October 29
Instructor: Sheena's Dance Academy

DRILL TEAM PREP CLASS

This energetic class is for aspiring drill or dance team members. This superior drill team prep class teaches the movement, style and drill techniques including precision, placement, strength and flexibility. Attire: leotard and tights/jazz pants and jazz shoes or lightweight sneakers

Age: 9 and up
Days/Times: Mondays/5 - 5:45pm
Place: Alumni Hall, Aerobic Room
Fee: \$45
Min/Max: 4/8
Session: September 22-October 27
Instructor: Sheena's Dance Academy



YOUTH PROGRAMS

TAE KWON DO

Students learn to act swiftly when defending themselves, if necessary, with courage and commitment; develop a healthy spirit through proper mental and physical conditioning; and demonstrate respect and a positive attitude towards everyone. Instruction is continuous throughout the year with students advancing based upon their individual skills with registration on-going. See future sessions below.

Beginning Class

Age: 5 - 14
Days/Times: Mondays, Wednesdays
6 - 6:50pm
Place: Aerobics Room
Fee: \$55
Min/Max: 5/34
Sessions: 1: September 22-October 29
2: November 3-December 17
Instructor: Mark B. Henry

Intermediate Class

Age: 5 - 14
Days/Times: Mondays and Wednesdays
6:50 - 7:40pm
Place: Aerobics Room
Fee: \$55
Min/Max: 5/34
Sessions: 1: September 22-October 29
2: November 3-December 17
Instructor: Mark B. Henry

Advanced Class

Age: 5 - 14
Days/Times: Mondays and Wednesdays
7:40 - 8:30 pm
Place: Aerobics Room
Fee: \$55
Min/Max: 5/34
Sessions: 1: September 22-October 29
2: November 3-December 17
Instructor: Mark B. Henry

Future Tae Kwon Do Sessions

Spring 2004 Sessions:

January 5-February 11
February 16-March 24

PRIVATE KEYBOARD LESSONS

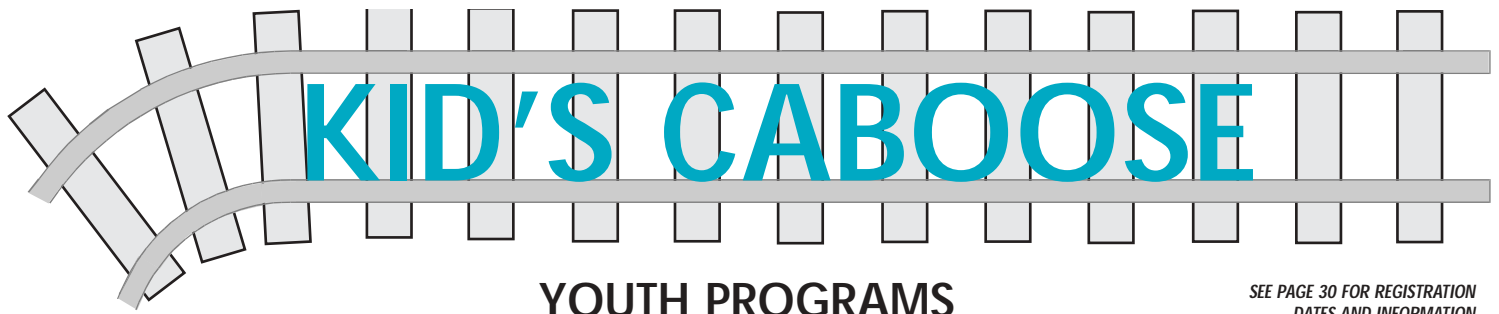
The City of Frisco Recreation Department is pleased to announce the addition of private keyboard lessons for children and adults to our schedule of classes! With many years of experience in teaching keyboard lessons, the instructor will provide an encouraging program of tailor-made keyboard lessons that will help students both young and old learn to play a wide variety of keyboard pieces and inspire a love of music that will last a lifetime. All skill levels are welcome!

Ages: 6 years to adult
Days: Thursdays
Times: 30-minute time slots
between 10 am - 7 pm
Place: Superdome Conference Room
Fee: \$80
Session 1: September 4 - 25
Session 2: October 2 - 23
Session 3: October 30 - November 20
Session 4: December 4 - 18
(\$60 for this three week session)
Instructor: Yelena Guler

MOMMY AND ME MUSIC

Join us for a 45-minute weekly session of singing, dancing, playing games and just plain fun! You and your child will sing old-time favorite children's songs and even learn some new ones. This class is a very relaxed way to either introduce your child to songs or enhance your child's love for music. Adaptations will be made for infants through toddler age. Participants should bring a simple instrument to class (drum, tambourine, bells, maracas, etc.)

Ages: Up to 3 years old
Days/Times: Mondays/9:30 - 10:15 am
Location: Superdome Conference Room
Fee: \$55 per child
Min/Max: 6/15
Sessions: 1: September 8-October 27
(No classes on September 22 & October 13)
2: November 3-December 15
(No class on November 24)
Instructor: Caroline Bossalini



CHILDREN'S ART & ENRICHMENT PROGRAM

Exploring the Art of Ancient Egypt!

The Children's Art & Enrichment Program is a semester-long series of in-depth children's art classes. In addition to creating beautiful works of art, the program's curriculum includes art criticism and art history. Children ages 3-10 will learn to create beautiful works of art using a variety of skills, media, styles, and techniques. During the Fall semester, children will explore the art and culture of ancient Egypt, it's hieroglyphic alphabet and symbols, including it's fascinating myths, architecture, and daily life with hands-on art activities, including:

- Painting on papyrus sheets
- Creating Egyptian pottery
- Sculpting the Egyptian pyramids
- Creating printmaking scrolls
- For additional information please visit www.youngartistinc.com

Ages: 3-4
 Session: September 2-December 2
 (No classes on November 25-29)
 Min/Max: 8/10
 Fee: \$206 (includes all supplies)
 Location: . Superdome Conference Room
 Days/Times: Tuesdays/3:30-4:30 pm
 Instructor: Young Artists, Inc.

Ages: 5-7
 Session: September 3-December 5
 (No classes on November 25-29)
 Min/Max: 8/10
 Fee: \$206 (includes all supplies)
 Location: . Superdome Conference Room
 Days/Times: Wednesdays OR Fridays
 3:30-4:30 pm
 Instructor: Young Artists, Inc.

Ages: 8-10
 Session: September 3-December 5
 (No classes on November 25-29)
 Min/Max: 8/12

YOUTH PROGRAMS

Fee: \$206 (includes all supplies)
 Location: . Superdome Conference Room
 Days/Times: Wednesdays OR Fridays
 3:30-4:30 pm
 Instructor: Young Artists, Inc.

YOUTH "YOU CAN PAINT" OIL PAINTING WORKSHOP

Discover the fun of oil painting for beginners! Complete a realistic painting in one inspiring class and surprise yourself, family and friends with your finished masterpiece suitable for framing. All art supplies are provided. Bring paper towels and wear an old t-shirt.

Ages: 5 - 13
 Days/Times: Mondays/ 4 - 5:30 pm
 Place: Frisco Senior Adult Center
 Fee: \$25 per class
 Min/Max: 6/18
 Classes:
 September 8 Cascading Waterfall
 at Yellowstone
 September 22 Autumn at the Pond
 with Mallard Ducks
 October 6 Big Red Barn with Horses
 October 20 Sleepy Hollow
 in the Moonlight with Pumpkins
 November 3 Sunset on the Beach
 with Swaying Palm Trees
 November 17 Fall in the Ozarks
 with Country Church
 December 1 Christmas Poinsettias
 December 15 Christmas Card Scene
 Instructor: Robert Garden
 Art Enterprises, Inc.

ETIQUETTE REVIEW

Participants will be advised in areas of etiquette and grooming for personal growth and success. Day 1 will focus on courtesies, grooming, responsibility and citizenship. Day 2 will focus on dining (3 course meal provided), manners at school, teamwork and conflict resolution. Snacks & reference materials are also provided.

Ages: 8 - 11
 Days/Times: Monday & Tuesday/2 - 5:30 pm
 Session: November 24 & 25

SEE PAGE 30 FOR REGISTRATION
 DATES AND INFORMATION

Min/Max: 6/12
 Fee: \$38
 Location: Alumni Hall Room A112
 Instructor: Andy Stewart, Compliments LLC

POISE AND SOCIAL CONFIDENCE

Young ladies and gentlemen will receive instruction to improve their social skills. Topics of review include: introductions, correspondence, communication, posture, eye contact, personal appearance, telephone and table manners. Snacks & reference material are also provided.

Ages: 8 - 11
 Days/Times: Saturday/1:30 - 3:30 pm
 Session 1: September 20
 Session 2: October 25
 Min/Max: 6/12
 Fee: \$19
 Location: Alumni Hall Room A112
 Instructor: Andy Stewart, Compliments LLC

BABYSITTER'S TRAINING COURSE

An 8-hour program designed to teach you how to become a responsible babysitter by learning about children's needs. The course covers rescue breathing, conscious choking and other important information that helps babysitters be more prepared in an emergency situation. Students who complete the course receive a handbook containing information and activities to use as a reference while working as a babysitter. All participants must be at least 11 years old to enroll. Students should bring a sack lunch.

Age: 11+
 Days/Times: Saturdays/8am - 4pm
 Place: Alumni Hall Room A112
 Fee: \$40
 Min/Max: 6/12
 Session 1: September 27
 Session 2: October 18
 Session 3: December 13
 Instructor: American Red Cross

KID'S CABOOSE

SEE PAGE 30 FOR REGISTRATION
DATES AND INFORMATION

NEW! AMERICAN RED CROSS INFANT/CHILD CPR AND FIRST AID FOR BABYSITTERS

This course will teach you how to perform CPR and First Aid skills necessary for infants and children. We will prepare child care providers to respond quickly when a child's life is in danger. Upon completion of course, students will receive certification in Infant and Child CPR and First Aid. All participants must be at least 11 years old to enroll. Enrollment is open to all ages. Students should bring a sack lunch.

Ages: 11+
Days/Times: Saturdays/8 am – 4 pm
Place: Alumni Hall, Room A112
Fee: \$40
Min/Max: 6/12
Session: November 15
Instructor: American Red Cross

FRENCH CLASS LEVEL 1

This class is for new and continuing students. The emphasis in this level is practicing French sounds and vocabulary through songs, games, and stories. Word recognition is introduced through picture dictionaries and class activities.

Ages: 5 - 6
Days/Times: Mondays/4:15 – 4:55 pm
Place: Superdrome Conference Room
Fee: \$65
Min/Max: 5/10
Session 1: September 8 – October 6
Session 2: October 20 – November 17
Instructor: Farahnaz Ghazizadeh



YOUTH PROGRAMS

FRENCH CLASS LEVEL 1 & 2

This class is for new and continuing students. Students familiarize themselves with French sounds and vocabulary through songs, games, stories, and their textbook. Grammar, reading and writing are presented in an informal way, encouraging students to reach their full potential at all times. Children will have fun learning about French culture and civilization. Student progress is discussed and presented through parent observations. *Textbook is required.

Ages: 7 – 9, Mondays/ 4:55 – 5:35 pm
Ages: 10 – 14, Mondays/ 6:15 – 7 pm
Place: Superdrome Conference Room
Fee: \$65
Min/Max: 5/10
Session 1: September 8-October 6
Session 2: October 20-November 17
Instructor: Farahnaz Ghazizadeh

FRENCH CLASS LEVEL 3

This class is only for students who have had two previous years of French classes. The emphasis in this class is extension of vocabulary and knowledge. Reading and writing are presented through fun books and classroom exercises. Children will continue learning French songs and poems, enabling them to reach their full potential at all times. Students also continue learning about France and French-speaking countries and their cultures. Student progress is discussed and presented through parent observations. *Textbook is required.

Ages: 7 - 9
Days/Times: Mondays/5:35 – 6:15 pm
Ages: 10 – 14
Days/Times: Mondays/ 7 – 8 pm
Place: Superdrome Conference Room
Fee: \$65
Min/Max: 5/10
Session 1: September 8 – October 6
Session 2: October 20 – November 17
Instructor: Farahnaz Ghazizadeh

PRE-SCHOOL SPANISH LEVEL 1

Join us for a beginning introduction to Spanish. Students learn the language through songs, dance, games and story time. Children also become familiar with vocabulary such as counting, family members, colors, animals and more.

Age: 3-6
Days/Times: Mondays/10:30 – 11:15 am
Place: Superdrome Conference Room
Fee: \$45 (supplies included)
Min/Max: 5/12
Session 1: September 8 – October 20
Session 2: October 27 – December 8
Instructor: Liliana Arevalo

PRE-SCHOOL SPANISH LEVEL 2

This class is for students who have completed Level 1, or who have some basic Spanish vocabulary. Students learn through songs, games, and story time. Students continue to expand their Spanish vocabulary and learn about the Spanish culture and traditions.

Age: 3-6
Days/Times: Mondays/11:20 am – 12:05 pm
Place: Superdrome Conference Room
Fee: \$45 (supplies included)
Min/Max: 5/12
Sessions: 1: September 8 – October 20
2: October 27 – December 8
Instructor: Liliana Arevalo

SPANISH CLASS

This class is for beginners only. Students are introduced to Spanish vocabulary through songs, games and stories. Students learn in a fun and inviting environment.

Age: 5-8
Days/Times: Tuesdays/5:15 – 6 pm
Place: Superdrome Conference Room
Fee: \$45 (supplies included)
Min/Max: 5/15
Session 1: September 9 - October 14
Session 2: October 28 - December 9
Instructor: Liliana Arevalo

KID'S CABOOSE

YOUTH PROGRAMS

SEE PAGE 30 FOR REGISTRATION
DATES AND INFORMATION

CHILDREN'S ICE SKATING LESSONS

The Recreation Department and The Ice at Stonebriar Centre join forces to provide Beginner Youth Ice Skating Lessons. All classes are designed for the first time skater. Cost includes skate rental, 30 minutes of instruction and a free practice during a public session on the day of your lesson. Students in the Junior Youth class will learn walking and marching on ice, balancing on two feet, two-foot glides and the proper way to fall and get up.

Preschool

Age: 3-4
Days: Mondays
Times: 4:30 – 5 pm
Places: Stonebriar Ice Arena,
Stonebriar Centre, 2601 Preston Rd.
Fee: \$55
Min/Max: 5/no max
Session 1: August 18 – September 29
(No class September 1)
Session 2: October 6 – November 10
Session 3: December 1 – January 12
(No class the December 22-26)



Junior Youth

Age: 5-7
Days: Mondays
Times: 4:30 – 5 pm
Places: Stonebriar Ice Arena,
Stonebriar Centre, 2601 Preston Rd.
Fee: \$55
Min/Max: 5/no max
Session 1: August 18 – September 29
(No class September 1)
Session 2: October 6 – November 10
Session 3: December 1 – January 12
(No class the December 22-26)

NEW! GOLF AT PLANTATION

The youth and adult golf classes will be held at the Plantation Golf Course Driving Range. Plantation Golf Course will provide clubs, if needed.

Junior Golf

Ages: 1st – 4th grades
Tuesday nights
Ages: 5th – 8th grades
Thursday nights
Time: 4 – 5 pm
Fee: ... \$75 per class, per child for 6 weeks
Registration Begins: August 23
Registration Ends: September 6
Session: September 9-16
Instructors: .. PGA Professional Instructors



YOUTH SPORTS ASSOCIATIONS

Frisco Soccer Association (FSA)

Frisco Soccer Association is the largest youth sports association in Frisco with more than 3,200 children on more than 320 teams playing soccer at the Warren Sports Complex. FSA offers a recreational soccer program in the fall and spring for children ages 4 -18. In addition, FSA offers several camps in the summer and works with the Dallas Burn and Dallas Sidekicks to provide training and learning experiences for the children.

All first time participants with FSA must supply a copy of a government-issued birth certificate. Registration for the fall season occurs in June and July. For the spring season, registration is conducted in November and December. For additional information call (972) 712-GOAL (4625), visit www.fricosoccer.org or visit the FSA office at 10625 N. County Road, Suite 200.

Frisco Football League (FFL)

The FFL provides flag football for ages 5/6, tackle football for ages 7/8, 9/10 and 11/12. The FFL also provides cheerleading in all divisions. The FFL acknowledges the City of Frisco and FISD for their support. Please call the FFL line for further information at (972) 712-0558 or visit the website at www.friscofootballleague.com.

Frisco Baseball/Softball Association (FSBA)

FSBA serves boys and girls ages 5 -14. There are approximately 1,600 boys and girls playing baseball or softball in Frisco. Games are played at Warren Sports Complex, Youth Center Park, North County and Shawnee Trail Park. For more information, please call (972) 712-BATT (2288) or visit our website at www.friscobaseball-softball.org.

Frisco Aquatics

Frisco Aquatics is a year-round USA team. Registrations are ongoing. All swimmers will be required to register as a USA swimmer. Contact Jack Kosharek (972) 731-7577.

YOUTH SPORTS ASSOCIATION

Frisco Soccer Association
(972) 712-GOAL/4625

Frisco Football League
(972) 712-0558

Frisco Baseball/Softball Association
(972) 712-BATT/2288

Frisco Aquatics
(972) 731-7577

Frisco Summer Swim Team
(972) 712-7278

KID'S CABOOSE

SEE PAGE 30 FOR REGISTRATION
DATES AND INFORMATION

YOUTH ATHLETICS

LAKES TENNIS ACADEMY CAMPS

The professional staff at Lakes Tennis Academy will introduce players to the sport of a lifetime! The Lakes Tennis Camps are for beginners and advanced beginners. Students are introduced to grip, stance, basic stroke patterns and scoring. Tennis games and the basics of match play are also included. All first-time participants will receive a free T-shirt. Non-marking soled shoes are required.

*Please register for these Lakes Tennis Academy classes at the Alumni Hall Fitness Center at the Preston Ridge Collin County Community College. Please call (972) 377-1752 for more information.



Pee Wee Academy

This session includes graduated court equipment, nerf balls, small junior-sized racquets, small nets, tetherball tennis sets and a complete carnival atmosphere.

Ages: 3-5

Days/Times: M/Tu/W 4 – 4:45 pm
Sat 9:15 – 10 am

Fees per 4 week session: ... 1: day \$48.30
..... 2: days \$97.75
..... 3: days \$143.75

Place: Lake Tennis Academy
Session 1: August 11 – August 30
(Price will be prorated for this session.)

Session 2: .. September 2 – September 27

Session 3: ... September 29 – October 25

Session 4: ... October 27 – November 22

Session 5: .. November 24 – December 20

Academy I

This session is for beginner players who are training to become entry-level tournament players.

Ages: 6-10

Days/Times: M/Tu/W 4 – 4:45 pm
Sat 9:15 – 10 am

Fees per 4 week session: ... 1: day \$48.30
..... 2: days \$97.75
..... 3: days \$143.75

Place: Lake Tennis Academy
Session 1: August 11 – August 30
(Price will be prorated for this session.)

Session 2: .. September 2 – September 27

Session 3: ... September 29 – October 25

Session 4: ... October 27 – November 22

Session 5: .. November 24 – December 20

Academy II

This session is for intermediate to advanced players who are training to become tournament players.

Ages: 9-14

Days/Times: M/Tu/Th 5 – 6:30 pm
..... Sat 10 – 11:30 am

Fees per 4 week session: ... 1: day \$103.50
..... 2: days \$181.70
..... 3: days \$247.25

Place: Lake Tennis Academy
Session 1: August 11 – August 30
(Price will be prorated for this session.)

Session 2: .. September 2 – September 27

Session 3: ... September 29 – October 25

Session 4: ... October 27 – November 22

Session 5: .. November 24 – December 20



ALL ABOARD!

COMPREHENSIVE PARK ORDINANCE

SEE PAGE 30 FOR REGISTRATION DATES AND INFORMATION

Beginning August 1, the City of Frisco will implement the Comprehensive Park Ordinance (Ord. 03-06-44). This ordinance outlines the rules and regulations for parks, recreational activities and facilities in Frisco. Listed below are items to note regarding the ordinance. To review the entire Comprehensive Park Ordinance, please contact our Parks and Recreation Administrative Office at (972) 335-5517.

PARK HOURS

Parks shall be open for the public every day of the year during designated hours except for times when maintenance may cause a facility closure, or during unusual and unforeseen circumstances.

Neighborhood Parks:

Neighborhood parks shall be available for use thirty (30) minutes before sunrise to thirty (30) minutes after sunset.

Community Parks:

Community parks, and game or playing fields, shall be available for use thirty (30) minutes before sunrise to midnight.

RESERVATIONS AND RENTALS OF THE OUTDOOR POOL, ATHLETIC FIELDS, PAVILIONS, PARKS AND THE COMMUNITY CENTER

Numbers to call for reservations:

Outdoor Pool and Athletic Fields (972) 731-4906 Pavilions, Central Park and the Community Center (972) 335-5517 Ext. 538

There are several facilities in the Frisco Parks & Recreation portfolio that can be reserved for birthday parties, social activities, athletic functions, etc. Reservations will be confirmed upon receipt of the deposit/rental fee.

Outdoor Municipal Pool:

The Outdoor Municipal Pool can be rented for a minimum of 2-hour time blocks during times that do not interfere with the scheduled operating hours. The rental fee is based on the number of participants attending the function and includes the cost for the required number of lifeguards and staff.

Athletic Fields:

Athletic fields can be reserved for practice by Frisco citizens and teams currently registered in a Recreation Department league. Athletic fields shall be reserved for no more than two (2) times per week based on 90-minute time blocks. Reservations may not be available due to league play, scheduled practices, field maintenance, etc.



Frisco Community Center:

Located at the corner of Oak & 4th Streets, the Community Center can be reserved for birthday parties, family reunions and much more. Reservations can be made up to three (3) months in advance. Deposits will be refunded upon the return of the key, provided all terms and conditions have been met.

Park Pavilions:

Frisco has several pavilions that can be reserved for your family or organization's activities. The pavilions can be reserved from 8:00 am – 1:00 pm or from 1:00 pm – 7:00 pm. Reservations for park pavilions can be made up to three (3) months in advance. When not specifically reserved by patrons, park pavilions may be utilized on a first-come, first-served basis.

Central Park:

Located at Parkwood Blvd. and Seei Circle. Central Park has two plazas available for reservations. Central Park is quite and serene with beautiful bronzed western-art sculptures. Reservations are available for Friday, Saturday and Sunday.

ALL ABOARD!

SEE PAGE 30 FOR REGISTRATION
DATES AND INFORMATION

ADULT CLASSES

SWING & SALSA TIME

Experience the swing craze first popularized in the 40's. Learn the swank moves you need to take over the dance floor. Footwork, turns, aerials, dips, tricks, and much more. After some swinging, spice things up with some Salsa! This combo includes the best of both worlds! Experienced and beginner dancers welcome!

Age: 16+
Day/Time: Mondays/8:45 - 9:30 pm
Place: Alumni Hall/ Aerobics Room
Fee: \$55 per couple
Min: 4 couples
Session: September 22 - October 27
Instructor: Sheena's Dance Academy

NEW! JAZZERCISE!

Jazzercise incorporates the latest dance moves with the best of Pilates, kick-boxing and yoga techniques for a total body aerobic workout you will want to do again and again. Focusing on cardio, strength and stretching, Jazzercise is a great combination for weight loss and muscle toning. Low-impact and intensity options are part of every class. Bring a mat and hand weights (weights optional). Improve your overall health and fitness while having fun and making new friends! First class meets September 8 and classes are on-going. Sign up any time of the month.

Ages: 17+
Days/Times: Monday, Wednesday/
6:30 - 7:30 pm
Location: Frisco Community Center,
4th and Oak Streets
Fees: \$66 for two months
\$40 for one month
Session: September 8-December 29



NEW! PRIVATE PIANO LESSONS

The City of Frisco Recreation Department is pleased to announce the addition of private piano lessons for children and adults to our schedule of classes! With many years of experience in teaching piano lessons, the instructor will provide an encouraging program of tailor-made piano lessons that will help the students both young and old learn to play a wide variety of piano pieces and inspire a love of music that will last a lifetime. All skill levels are welcome!

Ages: 6 years to adult
Days: Thursdays
Times: 30-minute time slots
between 10 am - 7 pm
Place: Superdome Conference Room
Fee: \$80
Session 1: September 4 - 25
Session 2: October 2 - 23
Session 3: October 30 - November 20
Session 4: December 4 - 18
(\$60 for this three week session)
Instructor: Yelena Guler

ADULT "YOU CAN PAINT" Oil Painting Workshops

Discover the fun of oil painting for beginners! Complete a realistic painting in one inspiring class and surprise yourself, family and friends with you finished masterpiece suitable for framing. All art supplies are provided. Bring paper towels and wear an old t-shirt.

Ages: 14+
Days/Times: Mondays/ 6 - 9 pm
Place: Frisco Senior Adult Center
Fee: \$38 per class
Min/Max: 5/18
Classes:
September 8 Cascading Waterfall
at Yellowstone
September 22 Autumn at the Pond
with Mallard Ducks
October 6 Big Red Barn with Horses
October 20 Sleepy Hollow
in the Moonlight with Pumpkins
November 3 Sunset on the Beach
with Swaying Palm Trees
November 17 Fall in the Ozarks
with Country Church
December 1 Christmas Poinsettias
December 15 Christmas Card Scene
Instructor: Robert Garden
Art Enterprises, Inc.



ALL ABOARD!

ADULT CLASSES

SEE PAGE 30 FOR REGISTRATION
DATES AND INFORMATION

YOGA

NEW!

Power Yoga

Enjoy a great workout while releasing stress and tension! Incorporating a moderate to strong practice of flowing poses, Power Yoga develops strength, flexibility, balance and concentration.

Ages: 14+
Days/Times: . . . Saturdays/ 8:30-9:45 am
Location: . . Superdrome Conference Room
Fee: \$45 per six week session
or \$9 drop-in fee
Min/Max: 10/25
Session: September 20 – October 25
Instructor: Tracy Molera

Yoga Mix

Yoga Mix is a great class for beginners and/or intermediate students. This class will move at a moderate pace and focus on alignment, strength, flexibility, balance and relaxation.

Ages: 14+
Days/Times: . . . Saturdays/ 10 – 11:15 am
Location: . . Superdrome Conference Room
Fee: \$45 per six week session
or \$9 drop-in fee
Min/Max: 10/25
Session: September 20 – October 25
Instructor: Tracy Molera



NEW! SKIN CARE AND COSMETICS CLASSES NEW!

Do you have silky smooth skin? You should, and you can! This series of classes will provide education on the finer elements of caring for your skin and pampering your body. This series is a must for those wishing to cater to your skin's well being.

Ages: 16+
Days/Times: Wednesdays/ 7 – 9 pm
Place: Superdrome Conference Room
Fee: \$5
Min/Max: 5/10
Sessions:
1: September 10- Basic Care for Beautiful Skin
2: September 24 – Basic Glamour
3: October 1 – Color Harmonizing
4: October 22 – Raise Your Eye-Q
5: October 29 – Aging Skin—An Ounce of Prevention
6: November 5 – Wow! Your nails look great
7: November 19 – Pamper Session
8: December 10 – Makeup Artistry and Beautiful Illusions
Instructor: Professional Beauty Consultant

FUN WITH RUBBER STAMPS

Learn the basics of fun with rubber stamps while making your very own hand-made greeting cards, bookmarks plus so much more. The best part is that anyone can do this, even the creative-challenged. All supplies are provided and you'll leave the class with completed greeting cards ready to send.

Age: 18+
Days/Times: Wednesday/6 - 9 pm
Place: Superdrome Conference Room
Fee: \$15
Min/Max: 6/10
Session: 1: September 17
2: October 15
3: November 12
4: December 3
Instructor: Donna Gors

TEAM SPOTLIGHT



Dawn David started her tenure with the City of Frisco as a Recreation Leader in August 2001. She graduated

in 1999 from McMurry University in Abilene with a degree in Elementary Education. While in graduate school for Recreation Administration at the University of Nebraska, she worked with the City of Crete Independent School District as a pre-school teacher. In addition to her teaching duties she organized summer camps and before and after school programs with the City of Lincoln. Dawn has been instrumental in assisting with the coordination of youth and adult athletic programs offered by the City of Frisco. She also assists with the supervision of Alumni Hall Fitness Center and with the coordination of special events. Dawn is married with a young son named Jettsen.

HOLIDAY & SOCIAL ETIQUETTE

This course will reveal the skills needed for most holiday socials whether business, formal, or casual. Specific areas addressed include: gift practices, dining, wardrobing, invitations, and entertaining at home.

Ages: 18+
Days/Times: Thursday 7 – 8:30pm
Session 1: November 13
Session 2: December 4
Min/Max: 6/15
Fee: \$15
Location: . . Superdrome Conference Center
Instructor: Andy Stewart, Compliments LLC

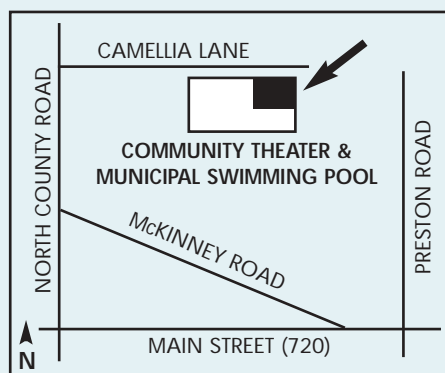
SENIOR EXPRESS

SENIOR ADULT SERVICES

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DATES AND INFORMATION

SENIOR ADULT CENTER

Address..... 7775 Camellia Lane
Mailing Address 6726 Walnut St.
Frisco, TX 75034
Phone..... (972) 335-5515
E-mail..... seniorctr@ci.frisco.tx.us
Hours..... Monday-Friday, 9 am-3 pm
LUNCH SERVED DAILY – 11:30 am
VAN TRANSPORTATION AVAILABLE
Reservations by 1 pm day before
Barbara Neal, Senior Adult Programmer
Beth Vogel, Senior Adult Recreation Aide
Oscar Joseph, Van Driver



The Senior Adult Center is open to anyone 50+ and their spouse, regardless of age. For information on classes, trips, special events, pick up a monthly newsletter "Frisky Frisco News" at the Senior Adult Center, Library, City Hall, Alumni Hall Fitness Center, City Service Center or the Chamber of Commerce. To be placed on the newsletter mailing list, call (972) 335-5515.



TRANSPORTATION

Van transportation to and from the Senior Adult Center is provided Monday - Friday. Reservations must be made by 1pm the day before. Seniors will be picked up between 9 -10 am and returned after 2 pm. This transportation service is free of charge, however, donations are appreciated.

For transportation to doctor's appointments, please contact **Collin County Area Rural Transit – CCART** at (972) 562-4275. All requests will be scheduled on a first call, first served basis. Requests for a handicapped accessible van may be scheduled up to 3 weeks in advance. Transportation within Frisco or to/from Plano north of Hedgecoxe Dr. will cost \$2 and transportation south of Hedgecoxe Dr. will cost \$5 per person each way. Schedule at least 48 hours in advance.

NUTRITION

Hot nutritious lunches, supplying one-third of the required daily allowance, are served Monday through Friday at 11:30 am at the Frisco Senior Adult Center. Reservations must be made by 1 pm the day before by calling (972) 335-5515 or signing up at the Senior Adult Center. For those under 60 years of age, the cost of the meal is \$4.50. Those 60+ are asked to give a suggested contribution of \$3.00 for the meals. No one is denied due to inability to pay. 'Meals on Wheels' is a program of the Collin County Committee on Aging, a non-profit agency. Home delivered meals may be arranged through the Meals on Wheels Program by calling (972) 562-6996. Volunteers are needed to deliver meals to homebound Frisco senior adults. Please call (972) 562-6996 if you are interested in becoming a volunteer.

REGULARLY SCHEDULED MONTHLY EVENTS

1st MONDAY

10 am – Advisory Council

1st & 3rd MONDAYS

1-3 pm – Bridge

1st TUESDAY

9:30 am – Blood Pressure/Blood Sugar Checks
(Quality Nurses Plus Home Health Care)

10 am – Crime Alert (Frisco Police Dept.)

10:30 am – PNB Financial Bingo

11:30 am – Lunch

1st WEDNESDAY

10:30 am – Resource Hour sponsored by Maurice Barnett Geriatric Wellness Center (information, resources, support)

1st THURSDAY

11:30 am – Birthday Party & Potluck sponsored by Kroger and the American Bank of Texas (Bring a covered dish to share.)

2nd WEDNESDAY

9:00 am-1 pm – Foot Care (every other month) \$10 fee, by appointment only, sponsored by Maurice Barnett Geriatric Wellness Center

2nd & 4th WEDNESDAY

1-3 pm – Pinochle, this new group is for beginners and experienced players

3rd TUESDAY

9:30 am – Blood Pressure Checks (Quality Nurses Plus Home Health Care)

10:00 am – "Frisco's First One Hundred Years" discussion on life in Frisco from 1902-2002; Bob Warren-Heritage Assoc.

3rd WEDNESDAY

10:30 am – Quilting Circle at Stonebriar Senior Living, 5850 Ohio Dr.

4th TUESDAY

7 pm – Caregiver Support Group, Frisco Senior Adult Center, 7775 Camellia Lane, sponsored by Geriatric Wellness Center

4th WEDNESDAY

"Meet & Eat Gang" diners will meet at the Senior Adult Center and travel to a different area restaurant each month for lunch – "Dutch Treat," of course. Cost \$2. Limited van seating.

EVERY MONDAY, WEDNESDAY & FRIDAY

8:30 am – Mall Walking at Stonebriar Mall

EVERY TUESDAY & THURSDAY

12:30-2 pm – PoKeNo. Bring your pennies

EVERY THURSDAY

10:00 am – Sewing Circle. Bring your crocheting, knitting, handwork and share ideas. This group makes baby caps and lap robes

EVERY FRIDAY

10 am – Mental Aerobics

DROP IN ACTIVITIES

Pool, Ping Pong, Darts, Horseshoes, Washer Pits
Programs are at the Frisco Senior Adult Center, 7775 Camellia Lane. Aerobics are held at the Frisco Community Center, 4th and Oak St.

SENIOR EXPRESS

SEE PAGE 30 FOR REGISTRATION
DATES AND INFORMATION

SENIOR ADULT SERVICES

SPECIAL EVENTS

SENIOR HALLOWEEN EXTRAVAGANZA & LUNCHEON

Goblins and scary things abound here at the Senior Adult Center for the 2nd Annual Senior Halloween Extravaganza. Dress-up in your favorite Halloween attire for prizes. There will be food, fun and frights aplenty.

Day/Time: Thursday October 30
10 am-1 pm

VETERANS DAY OBSERVANCE

Join us on this special day as the Senior Adult Center recognizes those who have served in the armed services for this wonderful country. There will be special entertainment.

Day/Time: Tuesday November 11
10:30 am

FRISCO SENIOR ADULT HOLIDAY PARTY AND SENIOR ADVISORY COUNCIL ELECTIONS

This will be a special time as we celebrate the Holiday Season, our December Birthday Babies and hold our Senior Advisory Council elections. Be sure to make this apart of your holiday celebrations. Lunch, entertainment and door prizes will be sure to have you "Decking the Halls with Boughs of Holly."

Day/Time: Thursday December 4
11 am

FITNESS

*Register by the 15th of each month
for next session of Fitness Classes.*

KEEP MOVIN'

Senior Adult Aerobics

Great workout through aerobic exercises geared to the mature adult. This class is a low impact, basic aerobics with stretching and toning.

Age: 50+

Day/ Time: Mon., Wed., and Fri.
8:45 - 9:30 am

Place: Frisco Community Ctr.
(4th & Oak St.)

Fee: \$20, 2 days a week
\$30, for 3 days a week

Min/Max: 9/18

Sessions: Monthly

Instructor: Sue Henderson

FRISKY FRISCO SENIOR WALKING CLUB

Join us as at the Stonebriar Centre. Come and walk in a safe indoor environment regardless of rain, snow, sleet or heat. Record your mileage and see how you are improving. Hear speakers, receive incentives. Contact the Frisco Senior Adult Center.

Age: 50+

Day/Time: Mondays, Wednesdays and
Fridays/8:30 - 9:30 am

Place: Stonebriar Centre

Fee: FREE

CLASSES

SENIORS ACTING UP **NEW!**

Always wanted to be on the big stage? Aileen Brady, Director of the Frisco Community Theater, will teach the basics of acting, how to develop your character, and more. You will be given scenes to work on in class, and a performance will be given at the conclusion of the class.

Age: 50 +

Day/Time: Friday/10 - 11am

Place: Frisco Community Theater,
Camellia Lane

Fee: \$24

Min/Max: 6/15

Session: Six Weeks

Instructor: Aileen Brady

NEW! Senior Arts & Crafts with Joanne Fabrics

* Be sure to review your upcoming 'Frisco Frisky Senior' Newsletter or call for more details.

*Programs are held at the Frisco Senior
Adult Center, 7775 Camellia Lane.
Fitness Classes are held at the Frisco
Community Center, 4th and Oak Street.*



SENIOR EXPRESS

SENIOR ADULT SERVICES

SEE PAGE 30 FOR REGISTRATION DATES AND INFORMATION

PROGRAM HIGHLIGHTS

Coping with Loss **NEW!**

The Maurice Geriatric Wellness Center will be sponsoring a series on "Coping with Loss" at the Frisco Senior Adult Center. The topics to be discussed will include: the grief process, living with loss, healing and recovery. This 4-week series will be helpful for those who are surviving the loss of a loved one.

Day/Time: Wednesdays, 1 – 2:30 pm

Fee: A donation of \$10 for materials is requested but not required.

Sessions: Sept. 3 – Sept. 24

Lunchtime Chats with **NEW!** Dr. Alexander

The Frisco Senior Center will now have monthly medical talks with Dr. Bruce Alexander, M.D. – along with a FREE lunch. Dr. Alexander practices family medicine in Frisco. The following topics will be discussed through the end of the year:

SEPTEMBER 17: Living Active After 50

OCTOBER 15: Diabetes – Know the Signs

NOVEMBER 19: Cholesterol – The Good, the Bad and the Ugly

DECEMBER 17: High Blood Pressure – What is Too High?

Day/Time: . . 3rd Wednesday of each month
11:30 am – 1:30 pm

Fee: FREE

TRIPS

SEPTEMBER

Texas Queen Riverboat Trip

Lake Ray Hubbard at sunset is a wonderful scene for the perfect crime aboard the Texas Queen Riverboat. This 3 hour Murder Mystery Dinner is one you will not soon forget.

Day/Time: Friday, September 5

Fee: * TBD

Tri-Cities Health Fair: "Harvesting a Healthier You"

Join seniors from Allen and McKinney for an information/wellness fair at the McKinney Senior Recreation Center. There will be senior services represented from Collin County and FREE health screenings, food and door prizes.

Day/Time: Saturday, September 13

9:30 am – 2:30 pm

Fee: \$2 per person

South Fork Ranch Tour

Visit South Fork Ranch and tour the home of the famous Ewing Clan from the television show "Dallas." Afterwards we will dine for lunch at Ellie's Deli at the Ranch. The tour is a 30-minute walking tour. Be sure to wear comfortable shoes.

Day/Time: Monday, September 22

10 am – 2 pm

Fee: \$9 per person

Additional cost for lunch.

OCTOBER

State Fair of Texas

Autumn is here and that means it's time to visit the State Fair of Texas. Visit Big Tex, tour the Midway, check out the new cars, enjoy all the exhibit halls and of course the food!

Day/Time: Thursday, October 9

9 am – 4 pm

Fee: \$9 per person

Additional cost for lunch and souvenirs

Senior Family Harvest Picnic

Bring your family as we celebrate Fall with an old-fashioned cookout and Potluck. There will be food, games and fun for the whole family. Don't miss this opportunity to "show-off" your family and meet others.

Day/Time: Saturday, October 18

Fee: Bring a dish for others to share

NOTE: Activity dates and times are subject to change or cancellation. Please be sure to check the monthly "Frisky Frisco Senior" Newsletter or call the Senior Adult Center for updates.

TRIP REGISTRATION POLICY

1. New trips will be posted on the **first day** of each month at the senior center.
2. Information is subject to change. It is important to read the sign-up sheets at the senior center **before** signing up.
3. **PAYMENT** must be made upon sign up! Make checks payable to the City of Frisco. **ONLY THEN** can you put your name on the list! Your name must not be on the list unless you have paid.
4. Register **EARLY!** Trips can fill up quickly. Priority will be given to residents of the City of Frisco.
5. If a trip is full, names will be placed on a waiting list, and will be called if a spot becomes available.
6. Be sure you can participate when you register! Refunds are available if another person can fill the cancelled spot. If no one is on the waiting list it is the participants responsibility to find someone to take his/her place.
7. Trips maybe cancelled due to unforeseen events, lack of participation, etc. In this event, a full refund will be made.
8. Fees may not be transferred to another event. Refunds of less than \$5 will not be processed.

NEW!
Please Read

SENIOR EXPRESS

SEE PAGE 30 FOR REGISTRATION
DATES AND INFORMATION

SENIOR ADULT SERVICES

TRIPS

NOVEMBER

A Day in Las Colinas

Make a day out of it in Las Colinas. First tour Texas Stadium, home of the Dallas Cowboys, and then dine at the Black-eyed Pea for lunch. After lunch head over to the Movie Studios of Las Colinas for a tour where we'll go "behind the scenes" and into the heart of the action of famous movies and television shows.

Day/Time: Friday, November 7
8:45 am – 5 pm
Fee: \$23 Per Person
Additional cost for lunch and souvenirs

BINGO Night in Plano

For all of those who enjoy the excitement of Bingo, join us as we travel to Avenue K Bingo in Plano. Don't miss out on the opportunity to win BIG! Before BINGO we will dine at Cheddar's Restaurant for dinner. Cheddar's has a variety of American dishes.

Day/Time: Thursday, November 20
5 – 9:30 pm
Fee: \$2 Per Person
Additional cost for dinner and BINGO

DECEMBER

Candlelight Christmas Home Tour

Come and experience the country charm of the historic homes decorated for Christmas in Waxahachie. Tour four historic homes and shop along the square. We will dine at Chisholm on the Square for dinner.

Day/Time: Saturday, December 6
Noon – 8 pm
Fee: \$20 per person
Additional cost for dinner and souvenirs

Night of Lights

Join the group for our 2nd Annual Night of Lights. This year we will be visiting University Park and Highland Park areas for spectacular Christmas light viewing. Dinner will be at a local eatery.

Day/Time: Monday, December 15
4:30 – 10 pm
Fee: \$2 per person
Additional cost for dinner

Ground is Broken for New Senior Center

(See photo and rendering below.)

A history-making event occurred on May 23 this year as ground was broken for Frisco's new 10,800 square foot Senior Center. The center will feature a library, kitchen, computer room and more.

Approximately 30 senior citizens were at the event to lend a hand to city leaders in turning the dirt for the first municipal building in the Frisco Square Project.

Target date for completion of the project is January 2004.



New Senior Center - West Elevation

Location: Frisco Square (near the corner of Main and Dallas North Tollway)

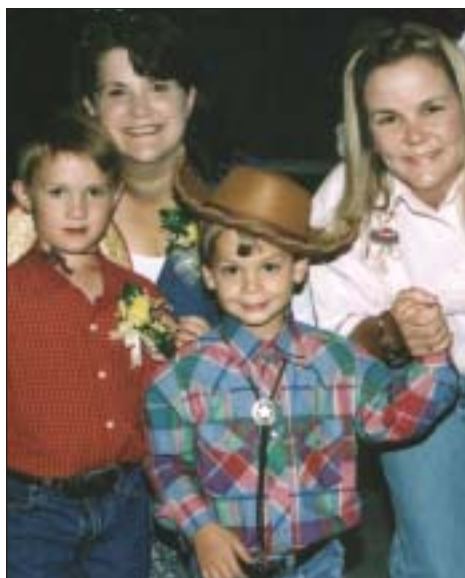


WHISTLE STOPS

3rd ANNUAL COWBOY BALL

(Formerly Mother/Son Dance)

Registration is in person only.
Mail-in ticket purchases will not be accepted.



Moms and Sons: Dance the night away and share some special time together at the 3rd Annual Mother-Son Cowboy Ball!

Date: Saturday, October 4

Dance Times:

Boys ages 4-7 6 - 7:30 pm

Boys ages 8-12 8:00 - 9:30 pm

Cost is \$7 per ticket – **cash or check ONLY**

Ticket Information: Tickets are Limited!

Tickets go on sale beginning Saturday, August 23rd at Alumni Hall Fitness Center, Collin County Community College from 8 am until 3:30 pm. Any remaining tickets will be sold during regular business hours.

**These tickets WILL sell out quickly—
please plan to purchase your tickets
as early as possible!**

Professional portraits will be available for an additional fee (cash or check only).

SPECIAL EVENTS

3rd ANNUAL GINGERBREAD HOUSE CONTEST

Round up your family or friends and spend some quality time in the kitchen creating culinary art! Start planning now to enter the 3rd Annual Gingerbread House Contest hosted by the City of Frisco Recreation Department. A panel of judges, including Santa himself, will award prizes to the winners in each category!

✱ All entrants must pre-register!

Registrations will be accepted on a first-come, first-serve basis. The Rules and Information Packets, including registration instructions, forms, and contest rules, will be available beginning on Monday, October 13 at the following locations: Alumni Hall Fitness Center, City Hall, Chamber of Commerce, Frisco Public Library, Frisco Senior Adult Center, and upon request from Suzanne Audette at saudette@ci.frisco.tx.us.

✱ **Only 40 entries will be accepted!** This contest will sell out so please register as early as possible!

✱ **Registered entries must be brought to** the Frisco Chamber of Commerce on Tuesday, December 2nd between 11:00 am – 7:00 pm.

✱ **Entries will be on display for viewing** from 8:00 am–5:00 pm from December 3rd–5th.

Fee: \$5.00

Categories include:

• Individual children and children's groups:

Ages 6 and under

Ages 7 to 9

Ages 10 to 13

Ages 14-17

• Individual adults and adult groups:

Individuals ages 18 and up

Groups ages 18 and up

• Professional individuals

• Professional groups

Please see the Rules and Information Packet for additional information or call (972) 377-1752

8th ANNUAL DADDY DAUGHTER DANCE

Registration is in person only.
Mail-in ticket purchases will not be accepted.

Dads and Daughters: Come share a special evening together at the 8th Annual Daddy Daughter Dance!

Date: Saturday, February 7

Dance Times:

Ages 4-5: 2:30 – 4 pm

Ages 6-7: 4:30 – 6 pm

Ages 8-9: 6:30 – 8 pm

Ages 10-12: 8:30 – 10 pm

Cost is \$7 per ticket – **cash or check ONLY**

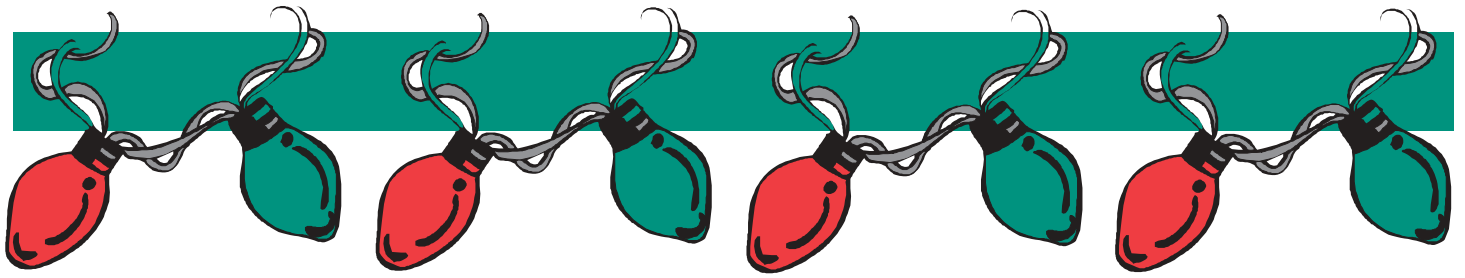
Ticket Information: Tickets are Limited!

Tickets go on sale beginning Saturday January 3 at Alumni Hall Fitness Center, Collin County Community College from 8:00 am – 3:30 pm. Any remaining tickets will be sold during regular business hours.

**These tickets WILL sell out quickly—
please plan to purchase your tickets
as early as possible!**

Professional portraits will be available for an additional fee (cash or check only).





THE CITY OF FRISCO PRESENTS

Merry Main Street

Frisco's 13th Annual Tree Lighting

Saturday, December 6, 2003 • 6:00 p.m to 9:00 p.m.

Location To Be Determined

ENTERTAINMENT

Stages with local guest M.C.s
Local Dance Groups
Local School Choirs
Costumed Characters
Local Talent

SPECIAL ACTIVITIES

Letters to Santa
Live Reindeer
Face Painting
Photos with Santa
Train Ride
Kid's Holiday Store
Food Vendors and
much, much more!!!



HOLIDAY ARTS & CRAFTS

Make a Holiday Ornament

3RD ANNUAL GINGERBREAD HOUSE CONTEST

- Categories for Professional & Amateur individuals and groups
- Santa's Choice Award will be recognized
- All entrants must pre-register — only 40 entries accepted
- Registration packets available beginning Mon., Oct. 13
- For more information call 972-377-1752 or e-mail saudette@ci.frisco.tx.us



DON'T MISS THIS FREE, FUN EVENT
FOR THE WHOLE FAMILY!



CALL 972-377-1752 FOR MORE INFORMATION

CAPITAL PROJECTS UPDATE from

The Parks and Recreation Department is excited about the number of projects scheduled for construction in the third and fourth quarter. These projects are designed to serve a diverse group of citizens. The following list will highlight the projects that are on-going. If you have questions or would like additional information, please contact Dudley Raymond, Parks Planning and Capital Project Superintendent at (972) 335-5540 Ext. 159.



Above: McKinney Road Park Master Plan



Frisco Senior Center

The Frisco Senior Center will be the first municipal building located in the new Frisco Square development. The 10,800 square foot building will have a library, multi-purpose room, craft room, exercise room, kitchen, computer room, health room and more! This building will become the home for senior adult programs offered by the Recreation Department. Construction is anticipated to be completed in January 2004.

Preston Road Overlay

The artwork for the four main Preston Road intersections is near completion and is scheduled to be installed by September. The City of Frisco received confirmation from the Texas Department of Transportation stating Frisco will receive a 50% matching grant for the cost of median landscaping on Preston Road from S.H. 121 to Main Street. Median construction is scheduled to begin this Fall and will be completed in approximately 4 months.

Medians Development

The City of Frisco has installed more than one mile of irrigation, grass and trees on medians throughout the City. An additional 1.6 miles of irrigation and grass have been installed on the Lebanon and Rolater medians from Preston Road to Hillcrest. Once Fall arrives, trees will be installed on these medians.

Rowlett Creek Trail

Plans are being developed and construction is scheduled to begin in late summer for approximately 1.2 miles of hike and bike trails along Rowlett Creek. The first phase of the trail will begin near the Custer Road and S.H. 121 intersection extending to Independence and Rolater. This trail will meander through the beautiful woods along Rowlett creek and connect two large subdivisions with a future elementary school. The City received approximately \$1M in grants to assist in the funding for this trail.

Chappell Creek Trail

Plans are being developed and construction is scheduled to begin in late summer for approximately 1 mile of hike and bike trails along Stewart Creek. This trail will begin at Spears Elementary School and will extend along the creek to Stonebrook Estates. The City received approximately \$500,000 in grants to assist in the funding for this trail.

Your Parks & Recreation Department

Hawk's Hill Mountain Bike Trail

The City of Frisco, the Frisco Community Development Corporation and DORBA (Dallas Off-Road Bicycle Association) have partnered to bring an off-road mountain bike trail to Southwest Community Park. The first of several loops, approximately one-mile in distance, was completed in May. Hawk's Hill Trail is the 15th trail DORBA has built in its 15 years of existence. The trail is a temporary use of the park until the approved Park Master Plan begins construction.

Southeast Community Park

Construction of Phase 1 for this 79-acre park is scheduled to begin this Fall. Southwest Community Park will be similar to Warren Sports Complex, providing game fields for soccer, softball and baseball. The park will also have a mix of passive recreation components such as walking trails, nature areas, and playgrounds. Also included is a location* for a future recreation center. City Council will make a determination for the location of the first recreation center in late summer or early fall 2003.

McKinney Road Park

Located in the center of town, McKinney Road Park could become Frisco's premier passive park site. The features of this 63-acre park will include a large pavilion and amphitheater, a lake with trails and bridges, and a special Veteran's Memorial. Construction is now scheduled to begin at the end of the summer.

Trails Neighborhood Park

The Trails neighborhood park is located adjacent to Fisher Elementary School in the Trails Subdivision. Construction on this 6-acre park began in May and is scheduled to be completed in August. Upon completion, the park will include a pavilion, multi-purpose court, parking, playground with swings, landscaping, and areas for soccer, football and baseball practice.

* Future Recreation/Aquatics Area

Below: *SE Community Park Master Plan – Phase 1*



STATIONS

PARKS & FACILITIES

SEE PAGE 30 FOR REGISTRATION
DATES AND INFORMATION

	Hike & Bike Trail	Fishing Pond	Basketball Courts	Volleyball Courts	Playground	Picnic	Pavilion	Restrooms	Soccer/Football	Softball/Baseball	Practice Field Areas	Swimming Pool	Senior Adult Cntr	Recreation Center
Bi-Centennial Park 9349 Sunset Drive			•	•	•	•	•				•			
Central Park Seel Circle (NWC Parkwood & Warren Pkwy.)														
Duncan Park 5700 Norfolk Lane			★		•	•				•	•			
First Street Park 8541 First Street			•		•									
McKinney Road Park 8000 McKinney Road	★	★			•	★	★				•			
Oakbrook Park 8001 Woodstream Drive	•		•		•	•		•		•	•			
Preston North Park 5400 Preston North Drive			•		•									
Preston Ridge Park 10501 Red Cedar Drive	•				•	•				•	•			
Shawnee Trail Sports Complex 6501 Hillcrest Road	•		•	•	•	•	•	•	•	•	•	•		•
Smith Elementary School Park 9800 Sean Drive	•				•	•								
Starwood Park 6551 Starwood Drive	•													
Warren Sports Complex 11225 Rogers Road	•	•	•	•	•	•	•	•	•	•	•			
Youth Center Park Maple Street/Mimosa Road			•		•	•				•	•	•	•	
Southwest Community Park 4th Army and Lebanon Road	•													

PARK PAVILIONS

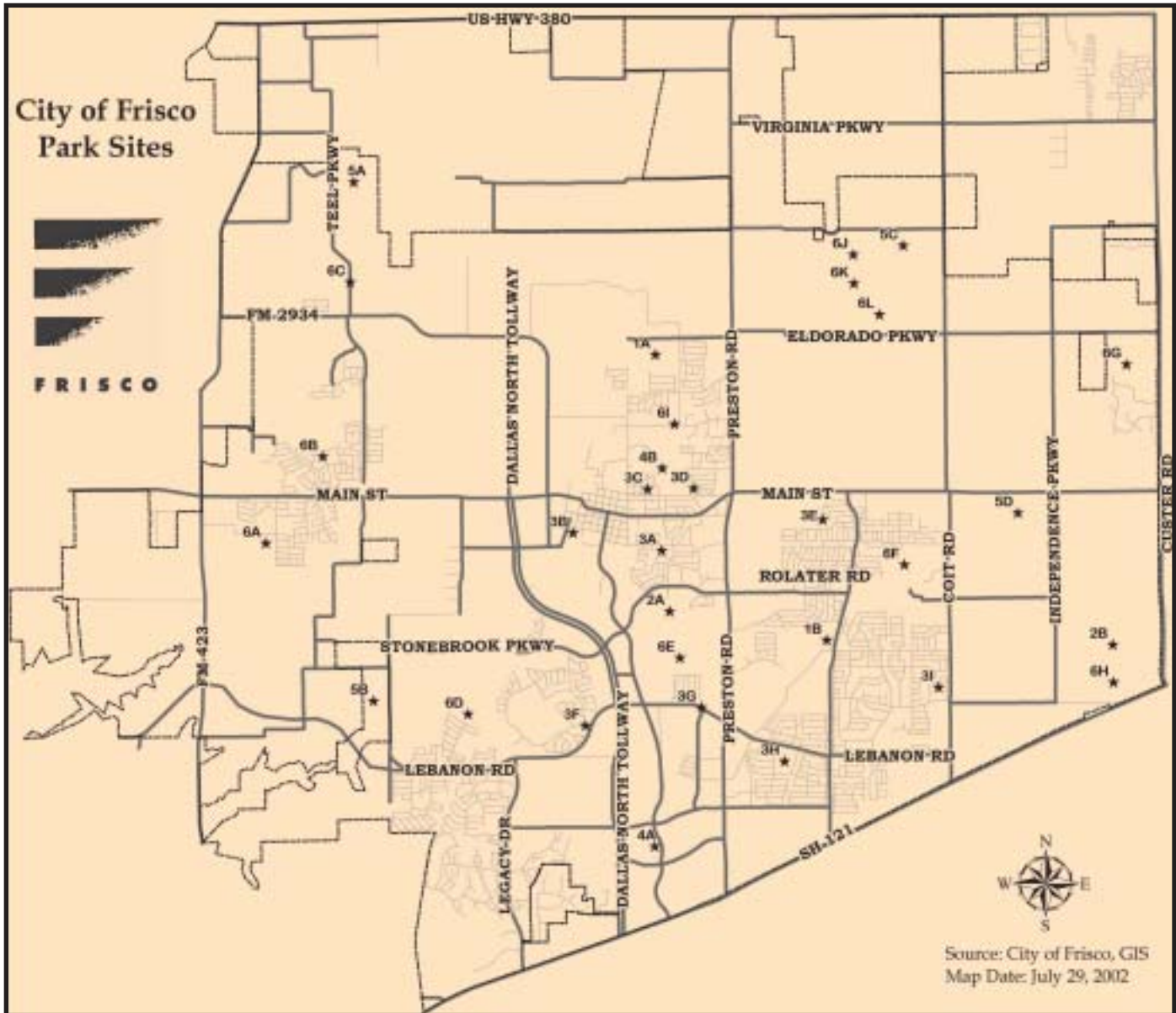
The City of Frisco has two park pavilions that may be reserved. The pavilions are located in Shawnee Trail Park and Bi-Centennial Park. For information regarding reservation procedures, please call the Parks and Recreation Department at (972) 335-5517.

- Established facilities
- ★ Future proposed facilities

STATIONS

SEE PAGE 30 FOR REGISTRATION
DATES AND INFORMATION

PARKS & FACILITIES



SPORTS COMPLEXES

- 1A WARREN SPORTS COMPLEX
- 1B SHAWNEE TRAIL SPORTS COMPLEX

FUTURE TRAILS

- 2A STEWART CREEK LINEAR
- 2B WEST ROWLETT CREEK LINEAR CORRIDOR

NEIGHBORHOOD PARKS

- 3A OAKBROOK PARK
- 3B FIRST STREET PARK
- 3C YOUTH CENTER PARK
- 3D BI-CENTENNIAL PARK
- 3E PRESTON RIDGE PARK

- 3F STARWOOD PARK
- 3G PRESTON NORTH PARK
- 3H SMITH ELEMENTARY SCHOOL PARK
- 3I DUNCAN PARK

SPECIAL PURPOSE PARKS

- 4A CENTRAL PARK
- 4B MCKINNEY ROAD PARK

FUTURE COMMUNITY PARKS

- 5A NORTHWEST COMMUNITY PARK
- 5B SOUTHWEST COMMUNITY PARK
- 5C NORTHEAST COMMUNITY PARK
- 5D SOUTHEAST COMMUNITY PARK

FUTURE NEIGHBORHOOD PARKS

- 6A LONESTAR RANCH
- 6B TRAILS OF WEST FRISCO
- 6C NORTHBRIDGE/GRAYHAWK
- 6D HERITAGE GREEN
- 6E WADE BOULEVARD
- 6F SHEPHERDSHILL
- 6G STONEBRIDGE
- 6H FANNIN
- 6I PRESTON MANOR
- 6J HILLCREST NEIGHBORHOOD PARK 1
- 6K HILLCREST NEIGHBORHOOD PARK 2
- 6L HILLCREST NEIGHBORHOOD PARK 3

FRISCO PUBLIC LIBRARY

LOCATED IN THE FRISCO MUNICIPAL COMPLEX • 8750 MCKINNEY ROAD • (972) 335-5510

HOURS OF SERVICE (Prior to October 2003)

Sunday/Monday Closed
Tuesday 10 am - 9 pm
Wednesday/Thursday 10 am - 8 pm
Friday/Saturday 10 am - 6 pm

NEW! (Beginning October 2003)

Monday - Thursday 10 am - 7 pm
Friday/Saturday 10 am - 5 pm
Sunday Closed

TODDLER STORY TIME

For children 18 months to 3 years. Stories, songs, games, crafts, puppet shows, and other activities. Tuesdays and Fridays August 19-December 19 at 10:30 am.

PRESCHOOL STORY TIME

For children ages 3-5. Stories, songs, games, crafts, puppet shows, and other activities. Bilingual story time is held the second week of the month during the regular preschool story time hours. Tuesdays and Fridays August 19-December 19 at 11:30 am.



DISPLAY CASE

The library has a display case available for suitable private collections. The case is locked and exhibits are usually displayed for one month. If you have a collection you would like to display, please call Dorothy Ingram at the library.

LIBRARY CARDS

Issued free of charge to any Texas resident. Please bring ID or other document with name and current address. Cards are issued free to any child whose parent is a cardholder and signs the child's application and card.

FRIENDS OF THE FRISCO PUBLIC LIBRARY



The Friends of the Library is a group of library supporters which does fundraising and promotes the library through community activities, programs, and advocacy. During the past ten years, our "Friends" have raised more than

\$60,000 to fund computers, books, the display case, summer reading programs, the annual

Christmas puppet show, a summer intern, and many other programs and materials. The "Friends" membership starts as low as \$10 per year. Call the library for membership details and more information.

ENVIRONMENTAL SERVICES

(972) 335-5519 OR (972) 335-5558

AUTUMN LEAVES ARE FALLING

Just like grass clippings and small brush, leaves can be recycled too! Place paper bags (not plastic) at least 3 feet away from your trash cart on your scheduled collection day. All materials will be composted - not placed in landfills! Paper bags are available for purchase at local hardware and grocery stores.

GOT TREES?

Free tree limb disposal is available as long as you follow these guidelines:

- Tree limbs must be tied and bundled, not to exceed three (3) feet in length and thirty (30 lbs) in weight.
- Place the bundle at least three feet away from your trash cart on your scheduled collection day. All materials will be composted - not placed in landfills!

EVERYTHING BUT THE KITCHEN SINK!

Free pick up of large items is available to residents one Saturday per month. Acceptable materials include washers and dryers, unusable furniture, televisions, etc. Texas State Law requires refrigerators and freezers be tagged by a certified technician as "Freon-free" before removal.

Note: Cardboard boxes, construction debris, wood pallets, landscape timbers and similar materials will not be removed. Call (972) 377 - 3750 one week in advance to schedule a pick up.

SAFE DISPOSAL OF COMMON HOUSEHOLD CHEMICAL PRODUCTS

Improper disposal of paints, pesticides, thinners, cleaners and solvents pose a serious threat to our environment. *It is illegal to dispose of these items in your trash carts.* Frisco's Household Hazardous Waste Collection and Re-Use Center, located at 6726 Walnut Street, is available to Frisco residents for free and easy disposal.

Hours of Operation:

Weekdays by appointment only

Saturdays from 8 am - 12 pm

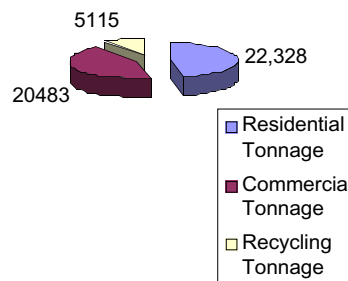
Call (972) 335-5558

A copy of your Frisco Water Bill and a valid driver's license are required



Meet Rufus Recycles; he is the City of Frisco's recycling mascot. His top priority, to encourage residents to participate in the curbside recycling program and here's the reason why:

It costs money to throw away trash. The city's trash bill for 2003 will be approximately \$1,327,000. By recycling, the city can reduce the amount of money it pays to the landfill for disposal charges and it can also help us to maintain reasonable rates for our citizens.



As you can see we need to get more people to recycle - If you are already doing your part for the community "thank you" and keep up the good work. If not, it's never too late to start. Our service is easy and convenient - same day service for all collections, bin provided for collections. No need to separate your Plastics, 1 -5 and 7, glass - colored and white, aluminum and steel cans just rinse and toss in the bin. Newspapers, magazines and phone books should be placed in a brown paper bag alongside your bin. Keep paper products inside if raining and save for a sunny day. Need a bin or more information give us a call and we'll be happy to assist you. "If you're not recycling you're throwing it all away - 77% of household trash is recyclable."

HOLIDAY TRASH/RECYCLING SCHEDULE — LABOR DAY, THANKSGIVING, CHRISTMAS, NEW YEARS DAY

There are no services provided on these days. Residents whose collection falls before the holiday will receive service as scheduled. Residents with collection *on* the holiday or *after* the holiday will be provided with service **one day later**. Additional trucks will be run after the Christmas holidays to pick up trash outside carts for one week only: December 26 - 3 January, 2004.

CHRISTMAS TREE RECYCLING

Curbside Christmas Tree removal will be provided on your regular scheduled collection day. Place trees at least three (3) feet away from your trash cart. Please remove all items from the tree including supports, electrical wiring, ornaments, nails and tinsel. Flocked trees are acceptable. Do not cover trees with plastic bags as this will prevent removal from occurring. All trees will be composted - not placed in landfills!

It's never too late to
Recycle
and make a difference
for your community!

CONDUCTORS & ENGINEERS

CITY INFORMATION & STAFF

Parks and Recreation Mission Statement

Enriching lives through recreational opportunities and aesthetically pleasing environments.

CITY COUNCIL

City Council meetings are held on the first and third Tuesday of every month, beginning at 6:30 pm. Meetings are held in the City Council Chambers located at 8750 McKinney Road and are open to the public. These meetings offer citizens the opportunity to get involved with the City of Frisco decision-making process and assist in conveying community needs.

Mayor Mike Simpson
 Mayor Pro Tem Maher Maso
 Deputy Mayor Pro Tem Matt Lafata
 Council Member Bob Allen
 Council Member Tony Felker
 Council Member Jim Joyner
 Council Member Joy West

CITY STAFF

City Manager George Purefoy
 Deputy City Manager Henry Hill, III
 Asst. City Manager Jason Gray
 Asst. City Manager Scott Young
 Spec. Asst. to the City Mgr Curt Balogh
 City Secretary Nan Parker

ON THE COVER: The new Senior Adult Center is scheduled to open in January 2004.
 See information pages 19 & 22.

'Frisco Fun' is available at the following locations:

Alumni Hall Fitness Center • Chamber of Commerce • City Hall
 City Service Center • Library • Senior Adult Center
 Fisd (every child in Fisd elementary and middle school is given
 a 'Frisco Fun' in their take-home school packets)

The 'Frisco Fun' Spring 2004 brochure will be available beginning January 2, 2004.

PARKS AND RECREATION BOARD

The Parks and Recreation Board meets on the second Thursday of each month in the City Council Chambers located at 8750 McKinney Road. Meetings begin at 6:30 pm and are open to the public. We encourage residents to become involved in the vision for your Parks and Recreation system. To contact a Parks and Recreation Board member, please call the Parks Administrative Office at (972) 335-5517.

Board Members:

Connie Ewing
 Greg Haughey
 Ed Mahoney
 Tim Montgomery
 Jeannie Patterson
 Kenneth Smith
 Wayne Stewart

HOLIDAY CLOSINGS

The Alumni Hall Fitness Center will be closed on the following dates:

Labor Day – September 1
 Thanksgiving Holiday – November 27 & 28
 Fitness Center will close at 6 pm on Nov. 26
 Christmas Holiday – December 22 thru Jan. 4

City of Frisco Offices will be closed on the following dates:

Labor Day – September 1
 Thanksgiving Holiday – November 27 & 28
 Christmas Holiday – December 24 & 25
 New Year's Day – January 1

EQUAL OPPORTUNITY & ACCESS

All recreation activities are open to all persons regardless of race, color, religion, sex, age, national origin, disability, or socio-economic level.

PARKS AND RECREATION STAFF

Director Rick Wieland
 Administrative Assistant Sanet Garrett
 Supt. of Parks Bobby Johnson
 Supt. of Recreation Marcy Jones
 Supt. of Capital Projects and

Planning Dudley Raymond
 Parks Supervisor Bill Straw
 Recreation Center Supv. Suzanne Clayton
 Sr. Adult Programmer Barbara Neal
 Recreation Programmer ... Suzanne Audette
 Athletic/Aquatic

Coordinator Scot McCollum
 Recreation Leader Dawn David
 Recreation Leader Melody Tobin
 Van Driver Oscar Joseph
 Recreation Aide Jennifer Frazier
 Recreation Aide Charles Gorman
 Recreation Aide Liz Trosper
 Recreation Aide Beth Vogel

TRAIN THEME

Our community of Frisco was founded in 1902 when the St. Louis-San Francisco Railroad Co. extended its rail line from Denison, Texas to Carrollton, Texas. In keeping with our heritage, we have adopted a train theme for the 'Frisco Fun' brochure. We hope you enjoy it!



CONDUCTORS & ENGINEERS

CITY COMMUNICATIONS

City Newsletter: Focal Point

Find the latest news about your city and read a monthly message from Mayor Mike Simpson in Focal Point, the official newsletter of the City of Frisco. Focal Point is a free publication distributed monthly, with the exception of January. Focal Point is mailed to all Frisco residents as an insert in the Frisco Enterprises' *All About Frisco*, which is being resurrected. Focal Point will continue to be a free insert, as is *All About Frisco*, regardless of whether a resident subscribes to the Frisco Enterprise. Focal Point will be mailed to 23,000 households, which includes apartments and post office boxes. In addition, Focal Point is available online at www.ci.frisco.tx.us. Focal Point is also available at Frisco City Hall, outside the Frisco Public Library and inside the Frisco City Council Chambers at the Frisco Municipal Complex.

Website: www.ci.frisco.tx.us

Looking for the latest update on road construction? Interested in learning what the health inspection scores are for our many, local restaurants? Check out press releases providing our latest news bulletins -- or browse through our Citizen Scrapbook, featuring photos from our special events. These resources -- and much more are just a click away. Log onto the official City of Frisco website at www.ci.frisco.tx.us. Click on "Live", "Work", "Play" or "Grow" to open a virtual door to city departments.

Government Access Channel: AT &T Cable Channel 6 Advantex Cable Channel 12

View your City Council and Planning & Zoning Commission meetings from the comfort of your own home.

Videotape copies of the meetings are also available at the Frisco Public Library. DVD copies of the meetings will soon be available, as well. Check out www.ci.frisco.tx.us for details.

"Frisco Today"

For news about your town, watch "Frisco Today" -- a monthly "news magazine" show featuring information about your city services and programs. "Frisco Today" is designed to keep you informed about what's happening in our community and how you can get involved. "Frisco Today" news segments include "News Around Town", featuring news briefs; "Street Smarts", detailing road detours and completed construction projects; "Department/Program Profile", in-depth stories about city departments and their programs and services; and the "Mayor's Corner", a one-on-one interview with Mayor Mike Simpson, who shares the City Council's concerns, visions and goals. "Frisco Today" airs at 6:30 p.m. Monday through Friday -- and on Saturdays, 8:30 a.m. & 8:30 p.m. plus Sundays at 2 p.m. See YOU on TV!

Volunteer Opportunities:

If you're looking for a way to get to know your community; gain leadership skills; utilize unused skills or gain a new one; return something to the community; meet people with similar interests; or you just want to help others, then look no more. Become a City of Frisco volunteer.

Volunteers are needed for a variety of jobs, including reading to kids at the library, helping during special events like the Easter Eggstravaganza or the July 4th celebration, to working with the police or fire department.

If you are interested in volunteering for the City of Frisco, you must complete a Volunteer Application, which is available on the web site at www.ci.frisco.tx.us, under "Live". After we receive your application, it will be reviewed and you will be called for an interview. During the interview, we will discuss your interests and qualifications, and afterwards we will try to match your skills with available positions.

For more information, please call Elizabeth Lyon, Special Projects Coordinator, at 972-335-5555, Ext. 192.

CITY'S GOVERNMENT ACCESS "FRISCO TODAY" NAMED BEST IN STATE

When it comes to government access programming, the City of Frisco's "Frisco Today" is considered "best in the state."

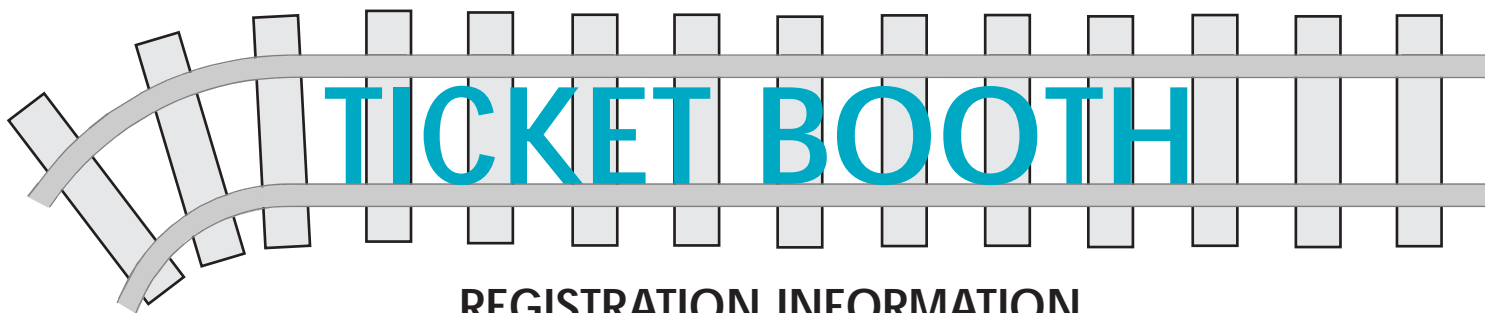
The monthly news magazine show, featuring information about city programs and services, garnered first place for locally produced programming in a statewide competition. In June, the Texas Association of Information Officers (TAMIO) awarded the City of Frisco its top award for "Regular or Recurring Program" among cities with populations less than 100,000.

"We're honored to receive an award that recognizes cities for their communication efforts," said Mayor Mike Simpson. "Since improved communication is a top priority for our council, it's nice to be recognized by our peers for our efforts," said Simpson.

"Frisco Today" -- which debuted in January -- is designed to keep citizens informed about what's happening in the community and how they can get involved. "Frisco Today" news segments include "News Around Town", featuring news briefs; "Street Smarts", detailing road detours and completed construction projects; "Department/Program Profile", in-depth stories about city departments and their programs and services; and the "Mayor's Corner", a one-on-one interview with Mayor Mike Simpson, who shares the City Council's concerns, visions and goals.

"Frisco Today" is produced by the Communications Department, under the direction of Dana Baird, Director of Communications & Media Relations. City staffers Tom Kraemer, AV Manager; Aaron Cobb, Production Assistant; and Leslie Penland, Intern, work with Baird to produce the show each month.

"We're hearing more and more citizens are tuning into the show to get information," said Baird. "It's rewarding to learn some folks may not have known a particular city service existed until they saw the show -- and when that happens, we're accomplishing what we set out to do," said Baird.



REGISTRATION INFORMATION

DATES

Residents and non-residents may register for any of the recreation classes listed in this brochure. Please see below for resident and non-resident registration times. A "resident" is defined as "residents and employees, officers, and directors of public or private businesses located in the city, as well as those enrolled and employed by the Frisco Independent School District." Senior Adult classes and registration information are on pages 16-19

Registration Starts (unless otherwise noted)

August 23, 8 am - 3 pm – Residents

August 23, 11 am - 3 pm – Non Residents

Registration Ends (unless otherwise noted)

One (1) week prior to the class start date

Mail in Registration: It's fast, it's less hassle and it's easier!

Mail in your registration form and payment and get first pick at classes.

****Mail in registrations will be processed as they are received. Mail in registrations received before the Walk-In registration date of August 23, 2003, will be processed BEFORE Walk-In registration. Please allow plenty of time for mail delivery – we are not responsible for mail delays.**

Class registrations are handled on a "first-come, first-served" basis. Classes have limited enrollment. Fees must be paid in full at the time of registration. Cash, check or money orders are accepted. **Checks and money orders must be made payable to the City of Frisco. Please include a drivers license number on your check. Do not send cash in the mail.** All fees are based on instructor fees, supplies, advertising and minimum class enrollment. Some programs may require additional fees or supplies.

TWO EASY WAYS TO REGISTER

1. Mail to:

City of Frisco
Recreation Class Registration
6726 Walnut
Frisco, TX 75034

2. Walk-in:

Alumni Hall Fitness Center
9700 Wade Blvd.
Preston Ridge Campus
All walk in registrations will be conducted at Alumni Hall Fitness Center during hours of operation unless otherwise noted.

RETURNED CHECK POLICY

A \$25.00 service charge will be assessed for any returned check.

WAITING LISTS

If the class you want has already filled, staff will return your fee and keep your registration form. You will be notified if a space becomes available or a new program is formed. Program openings will be filled on a first-come, first-served basis from the waiting list.

REFUND POLICY

Please read carefully:

To apply for a refund participants must complete a "Refund Request Form."

1. Refunds will only be approved for programs that still meet minimum participation after the refund.
2. Refunds may be prorated.
3. Refunds may be given to applicants prior to the end of registration.
4. All refunds given are subject to up to a 20% service charge.
5. Refund Request Forms must be submitted no later than after the first class.
6. Approved refunds will be processed and mailed within 3 weeks. We are unable to give cash refunds.

Medical refunds requested prior to the start date of the course/program will be granted in full. A "doctor's note" must be provided for all medical refunds to be processed. A prorated refund may be granted for a medical refund request received during the course or program.

CANCELLATIONS

The Frisco Parks and Recreation Department reserves the right to cancel any class or activity due to weather, situations beyond our control or failure to meet minimum registration requirements. In the event that the Parks and Recreation Department cancels a class, you will be notified and a full refund will be issued.

HOW TO WATCH A GOOD PROGRAM DIE

Nothing kills a recreation class faster than participants who wait until the last minute to enroll. There is a point when courses must be cancelled due to low registration numbers. Sign up early to avoid disappointment.

PROGRAM FINANCIAL ASSISTANCE

Please call (972) 377-1764 for more information.

The Frisco Parks and Recreation Department is committed to participants being 100% satisfied. If you are not satisfied with a program, refund request forms are available at the front desk of the fitness center.

TICKET TO FUN

REGISTRATION FORM

I'M ON BOARD!

PARTICIPANT INFORMATION (please print)

Last Name: _____ First Name: _____
Date of Birth: _____ Age: _____ Sex: M F
Street Address: _____
City: _____ State: _____ Zip: _____
Home Phone: _____ Work Phone: _____
E-mail Address: _____ Emergency Contact Phone: _____

PARENT/GUARDIAN INFORMATION

Last Name: _____ First Name: _____
Work Phone: _____ Home Phone: _____
Emergency Contact Name & Number: _____

PROGRAM NAME	SESSION DATES	LEVEL OR AGE GROUP	FEE	CHECK # OR 'CASH'	DATE PAID	EMPLOYEE INITIAL
1.						
2.						
3.						
4.						
5.						

PLEASE WRITE DRIVER'S LICENSE # ON YOUR CHECK

WATER AEROBICS

Night & Time: _____ Deep or Shallow

Notice: All Registrants/Parents/Guardians Must Sign Waiver

RELEASE AND MEDICAL AUTHORIZATION

I, on behalf of myself or the individual being registered (the "registrant"), agree to allow the registrant to participate in the aforementioned activity(ies) and authorize the City employees, volunteers, program directors and/or instructors as Agents for the undersigned to consent to Medical, Surgical, and/or Dental examination and/or any and all other Treatments deemed necessary by medical personnel. I agree pictures taken during program hours may be used for any purpose.

In consideration of the City of Frisco ("the City") allowing the registrant to participate in the above activity(ies) and other good and valuable consideration, the receipt of which is acknowledged, I, on behalf of myself, the registrant (whether myself or someone else), any other minor child or legally incapacitated person for whom I can execute this document, my heirs, assigns and any other person or entity claiming to have legal rights by and through me, release and agree to defend, indemnify, and hold harmless, the City and its employees, from all claims of and/or liability for personal injury, property damage or wrongful death, including, but not limited to, claims or liability due to the negligence, contributory negligence and/or strict products liability of the City and/or its employees resulting from, relating to, or arising out of participation in and/or transportation to or from activity(ies) sponsored or provided by the City, or use of any City facilities.

This is not a waiver of the City's immunity. I warrant that I am authorized to sign this release. I agree to indemnify and defend the City of Frisco if I am not authorized to sign and legally bind the registrant or if the person named herein attempts to rescind this release. If any term of the release is deemed void or voidable, it shall not affect the enforceability of anything else in the release.

Participant/Parent/Legal Guardian Signature

Relationship to Registrant

Date



FOLD ON DOTTED LINE



PLACE
STAMP
HERE



CITY OF FRISCO
RECREATION CLASS REGISTRATION
6726 WALNUT
FRISCO, TX 75034



FOLD ON DOTTED LINE

